

COOKING FOR HEALTH & PERFORMANCE

Over 80 Delicious Gluten and Dairy-Free Recipes



SCOTT HAGNAS
WITH ROBB WOLF & NICKI VIOLETTI

PERFORMANCE MENU

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acknowledgments

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Thanks to Robb, Nicki, and Greg at *The Performance Menu* for giving me the opportunity to do the column and book. They are responsible for putting this all together—I just cook and write.

Finally, I'd like to thank you for taking the initiative to improve your health and well being. I hope that you can use the recipes in this book to see that eliminating grain, dairy, and legumes from your diet does not mean that you will have to give up your favorite foods. On the contrary, you will likely soon look forward to the new substitutions more than the original food itself.

introduction

There is growing interest in Paleo/Zone type diets. More people are recognizing that common foods in the Western diet contribute to gluten allergies, lactose intolerance, Celiac disease, and more. For our purposes here, we will assume that you already know why you should choose a diet based around meats, vegetables, fruit, nuts, and seeds—while avoiding grains, dairy, soy, legumes, and most starchy roots. Numerous books and websites are now available to learn more about the principles behind Paleo-style eating.

In a nutshell, insufficient time has passed since the onset of agriculture 10,000 to 12,000 years ago to allow the human body to adapt to these new foods. Though agriculture has allowed civilization to flourish, it comes with a price of reduced health, performance, and longevity. Hunter-gatherers are known to be almost completely free of any of the modern diseases of civilization. Implementing a Paleolithic style diet in the 21st century, while challenging, can still pay off big in greater health and well-being. We aren't trying to duplicate it exactly, of course, as many of the foods that hunter-gatherers would eat are either now unavailable or socially unacceptable. However, we can still use modern foods to follow the general principles of a hunter-gatherer diet.

Even with the increased awareness of Paleolithic nutrition, we have found that there is still a void when it comes to practical application. For most people, eating this way represents a tremendous change. While there are many books on low-carb cooking, most rely pretty heavily on dairy-based meals. There are many vegetarian cookbooks that may have great ideas for cooking vegetables, but most of the recipes featured will be loaded with grains and legumes. There are even gluten-free, dairy-free cookbooks. These usually just substitute other grains for wheat, and still subscribe to the notion that high-carb diets are good for health. Though the various books about Paleolithic nutrition usually contain a few great recipes, there really has been no source for quick, easy recipes and substitutions. This book arose from interest in my monthly Paleo cooking column in *The Performance Menu* magazine, and hopefully it will help to fill this void.

One big problem people have with implementing a nutritious diet is the prep work and cooking time involved. Many people in the 21st century are so used to quick convenience foods that they lack even basic cooking skills. We have found that this makes many individuals hesitant to begin.

The second issue is that so many of our favorite comfort foods are off limits on an eating plan limited to Stone Age food ingredients. This limitation is what really led me to begin to experiment and try to develop substitutes for some of these favorite foods. Over time, I have found ways to substitute for almost any “forbidden” ingredient to recreate most of these favorite foods.

I originally started by just preparing very simple, basic Paleo-friendly foods. My interest in cooking grew and even became a passion as I began to experiment and develop new recipes. These new, “substitute” recipes were often better than I remember the originals to be, plus I ended up feeling much more satisfied without the blood sugar crash associated with

typical grain- and dairy-based Western meals. These recipes are also much more nutrient-dense than the originals, and therefore will help contribute to long term health, rather than inhibit it.

The recipes in this book range from very quick and easy to fairly involved. None require special cooking utensils or equipment, just the basics found in nearly anyone's kitchen. Just like a gym doesn't need fancy machines and equipment to develop world class athletes, a kitchen where the basics are used well can deliver the greatest levels of health and flavor. Have fun with these recipes. Experiment with them on your own, and don't hesitate to tweak them a bit to your own tastes or to take advantage of ingredients that you already have on hand.

You will find each recipe broken down into Zone blocks for those following some form of Zone diet. The recipes are not in traditional Zone ratios, but you can easily adjust your meal totals to meet your personal requirements. Most of the recipes are geared toward personal or small family portions. However, I highly recommend doubling or tripling your favorites, and saving leftover portions to eat later in the week. This will save you lots of time. You might even consider freezing some portions for later use.

Best of luck, and have fun in the kitchen!

Scott Hagnas
July 2007
Portland, Oregon

breakfast

Apple Cinnamon Paleo Pancakes

Scott Hagnas – Issue 7

Time: 20 min

- Coconut butter
- 1 egg
- 1/4 C of ground walnuts or almonds
- 1/4 C coconut milk
- 1/2 small apple, or 1/4 large apple
- 1/2 - 1 tsp cinnamon
- 1/2 C blueberries

I think that I used to live for breakfast with pancakes. I gave them up several years ago, but now I've found a way to make them that turn out every bit as good as the ones that I used to love. These pancakes make a great part of a 5X fat meal.

Coat two non stick skillets with coconut butter. Grind the nuts in a coffee grinder or food processor, or do as I do and just buy the pre-ground nut meal packets at Trader Joe's. Place all of the ingredients except the blueberries in a blender and mix well. Pour the mixture evenly into a skillet, then heat on the range at medium heat.



Apple Cinnamon Paleo Pancakes

Several minutes per side is usually enough. Don't burn them! These pancakes are difficult to flip, so I just turn the skillet upside down, flipping the pancake into the other skillet to cook the other side. No messy, torn pancakes! Serve topped with the blueberries. I like to heat the blueberries a bit first. Enjoy!

Zone Blocks: 2 blocks carb, 1 block protein, 16.5 blocks fat

Quick Berry Cereal

Scott Hagnas – Issue 7

A really quick dish that tastes like oatmeal with berries! Many variations are possible on this; use your imagination.

Time: 3-4 min

- 1 C blackberries, blueberries, or raspberries
- 1/4 C ground almonds
- 2 Tbsp freshly ground flaxseeds (optional)

Heat the berries with a bit of water, then add the ground nuts and/or ground flaxseed. Mix with a spoon, adding water to adjust the consistency. I often top the cereal with walnuts, and occasionally I add some egg white protein powder.

Zone Blocks: 2-3 blocks carb (depends on which type of berries you use), 10 blocks fat

Wild Alaskan Scramble

Robb Wolf – Issue 1

Time: 10 mins

- 1/2 can wild Alaskan salmon
- 2 eggs

Add salmon to a non-stick skillet with a dash of olive oil. Mash and break up the salmon such that it forms a thin uniform layer on the bottom of the skillet. Cook for about 2 minutes. Beat the eggs and add to skillet. Stir gently and consistently until done.

Fresh vegetables may be added to the scramble for color, flavor and nutrient content. Be sure to start the vegetables first and cook the water down a bit to avoid a runny scramble.

Zone Blocks

Construct a Zone scramble according to your protein block needs. 1 egg or 2 egg whites = 1 block protein, as does 1.5 oz salmon. We have tinkered with a plethora of ratios ranging

from a predominantly salmon scramble to a predominantly egg scramble. All are delicious. Here is an example of a 3 block salmon scramble:

- 1.5 oz salmon
- 1 egg
- 2 egg whites

Nutty Hot Cereal

Robb Wolf – Issue 1

Time: 10 mins

- 1 C almonds or pecans
- 1 medium sized apple, quartered
- 1 Tbsp cinnamon (This will help increase insulin sensitivity)
- 1 C water

Makes 2 cups

Place all ingredients in blender and puree. Pour into medium sized saucepan. You may need to rinse the blender with an additional 1/4 cup of water to get all the cereal. Bring to a boil. Reduce temperature immediately and allow to simmer for 5 minutes covered. If thicker consistency is desired, allow to simmer longer.

Zone blocks: 48 blocks fat, 2 blocks carbs. 1/4 cup = 6 blocks fat, 1/4 carb. 1/2 cup = 12 blocks fat, 1/2 block carbs



Nutty Hot Cereal

Frittata Fun

Robb Wolf – Issue 2

For a breakfast that can also serve as lunch, dinner and snacks, a frittata is the way to go. Depending on how you scale it, you can get 4-5 meals from one of these relatively simple beauties.

There is no end to the creativity that can be applied here. Frittatas can be comprised of virtually anything, so long as the wild combinations you come up with appeal to you. Onions, garlic, any type of meat, a variety of veggies and spices, all can be thrown in to create a tasty frittata. The one we are featuring is a simple but delicious combination of lean beef, garlic, and green onion. And of course, eggs!



Frittata Fun

When creating variations of the frittata, be sure to add slower cooking ingredients first, followed by those that cook more quickly.

Note: For this recipe you will need a non-stick skillet with a well-fitting lid.

Time: 30 minutes

- 8 oz lean beef
- 8 eggs
- 2 C chopped green onion
- 8 cloves of garlic, chopped
- Dash of olive oil

Cut beef into small pieces and place in skillet with a dash of olive oil. Cook on medium heat. Peel

and chop garlic and add to the beef. Cook for about 5 minutes. Add green onion and cook an additional 2 minutes. Mix the eggs in a bowl and add to the skillet. Cover and immediately reduce heat to low. Cook covered until done (approximately 10-15 minutes) keeping an eye on the center, as it will be the slowest to cook.

Zone blocks: If you are following the Zone, you will want to construct the frittata according to your block needs. The recipe above, when cut into quarters, makes four 4-block meals, or three 4-block meals and two 2-block snacks. This is perfect for someone on a 16-block plan. If you think ahead a bit it becomes easy to construct a frittata that will cover your block needs for the entire day.

You will need to round out your meals with some carbohydrates, as the frittata is primarily protein and fat. The green onion and garlic are negligible when it comes to overall carb content.

El Pato Scramble

Robb Wolf – Issue 3

This one is easy folks! Construct a Quick Zone friendly breakfast by simply scrambling some eggs in a bowl and adding our favorite Mexican tomato sauce: El Pato! Add green onion, spinach and other vegetables as desired.

Zone blocks: Each egg = 1 block protein, the El Pato is negligible in carb content so you will need to add veggies or fruit to round out your meal.

Quick Mango Cereal

Scott Hagnas – Issue 11

Time: 3 minutes

- 1 C frozen mangoes, thawed
- 1/4 C almond meal
- 2 chopped dates
- 1 oz chopped walnuts
- 1/4 tsp cinnamon

Here is another spin on the Quick Berry Cereal that was featured in the August '05 Performance Menu. Simply mix and heat a bit on the stove, or if you are really rushed you can use the microwave. With some lean protein, this makes a good 4X fat meal.

Zone Blocks: 4 blocks carb, 16 blocks fat

Chicken Apple Hash

Robb Wolf – Issue 3

Have you ever noticed how certain foods go together? Beer and pizza, peanut butter and chocolate? Sorry, we are not recommending chocolate or pizza at the present moment, but we do have a good paleo friendly combo: chicken and apples. Perhaps not the Abbot and Costello of the food world, but chicken and apples do make quite a flavor combination. We also have a few favorite spices that bring out the natural flavor of both fruit and fowl. The following feature breakfast is a chicken apple hash with a few seasoning twists.

Time: 15min

- Free range boneless skinless chicken breast (turkey works as well especially if one can find the ground variety)
- Fresh Fuji apples - Look for these at your farmers market as they are at the height of the season
- Jamaican All Spice
- Garam Massala
- Cinnamon
- Extra Virgin Olive Oil

We have used all of the spices listed above either singularly or in combination to create several varieties of chicken apple hash. These spices tend to be forgiving if overused so be creative and experiment with what you find to be the ultimate hash.

Mince or finely chop chicken breast. Some butcher shops and better super markets will grind the chicken breast for you. This is preferable as it will result in better consistency.

Grate 2 Fuji apples, include the seeds if you are feeling particularly Paleo and would like a small dose of anti cancer fun.

Place a nonstick skillet over medium heat and add a generous amount of olive oil. Add 1-2 tsp. of any of the above spices to the oil and allow to infuse for ~2min. If you are using more than one spice keep the amount to 1 tsp. each unless you enjoy intensely flavored food. We particularly like a hash with a lot of cinnamon. We will use as much as 1 Tbsp in this recipe. Give it a try and see if you like it!

Add chicken to the infused oil and stir frequently to brown the chicken on all sides. When the chicken is almost completely brown add the apples and cover pan for 3-5 min stirring occasionally. If the hash becomes a bit watery because of moisture from the apples increase heat to medium-high for a few minutes and finish cooking uncovered until the apples have cooked down.



Chicken Apple Hash

Serve with cinnamon infused espresso!

Zone Blocks: This recipe is particularly friendly to the Zone. Our 1 block proportions are: 1oz chicken breast for protein, 1/2 an apple for the carbs, 1/3 tsp olive oil supplies the fat. To construct a meal of a particular block measure simply multiply the above measure appropriately. Remember to add extra fat blocks if you are using chicken or turkey breast as they are very low fat. If one is following the Athletes Zone as much as 2 Tbsp of olive oil will be necessary to round out a 4 block meal with 5x fat.

Machaca Scramble

Scott Hagnas – Issue 19

Here is a quick and easy breakfast idea. Use leftover Machaca (see recipe on page 29) or if you don't want to take the time to prepare Machaca any leftover meat will work well! I first got this idea at a CrossFit Training Seminar in San Diego. A few of us went to lunch at a Mexican restaurant that was several blocks from CrossFit San Diego. The food was excellent, and they had a great Machaca scramble. It was so good that I got a second plate to go, which I downed in the airport a bit later. This recipe is versatile, use ingredients that you have on hand.

Time: 5 to 8 minutes

- 1 Tbsp olive oil
- 1/3 C chopped white onion
- 1/2 jalapeno or serano pepper, chopped
- 1/2 C chopped tomato
- 2 oz Machaca or leftover meat
- Cumin powder, to taste
- 3 eggs

Saute the onion and peppers for a few minutes in the oil. Add the tomatoes, cook until they soften and begin to loose their water. Add the Machaca and cumin. Break the eggs into a bowl, whisk, then add to the scramble. Enjoy! I like to serve this with either guacamole or salsa.

Zone Blocks: 1 serving at 5 blocks protein, 1 block carb, 18 blocks fat

salads

Spicy Seafood Salad

Scott Hagnas – Issue 17

Time: 12 minutes

- 1/2 lb salad shrimp
- 2 Tbsp lime juice
- 1/2 habanero chile, seeded, stemmed, and minced
- 1 clove garlic, minced
- 2/3 C onion, chopped fine
- 1 avocado, diced
- 1/2 C grape tomatoes, halved
- 1/2 C chopped celery
- 1 peach, diced
- 1/4 C fresh cilantro



Spicy Seafood Salad

- 4 C romaine lettuce

Marinate the shrimp in the lime juice for a couple of hours. Toss the seafood in a bowl with all of the other ingredients, excluding the lettuce. Place 2 cups of lettuce in each of two bowls, spoon half of the seafood mixture over each portion of lettuce.

Zone Blocks: 2 servings at 1 1/2 blocks carb, 2 1/2 blocks protein, 10 blocks fat

Bog Salad

Scott Hagnas – Issue 11

Time: 10 minutes

- 4 C spinach
- 4 oz turkey
- 1 Tbsp dried cranberries
- 2 Tbsp avocado
- 1 boiled egg, sliced
- 1/2 oz chopped walnuts
- Olive oil

This quick salad is easily made with holiday leftovers. Toss and enjoy!

Zone Blocks: (before adding olive oil or other

dressing) 2 blocks carb, 5 blocks protein, 7 blocks fat

Thai Pineapple Salad

Scott Hagnas – Issue 17

Time: 10-12 minutes



Thai Pineapple Salad

Salad ingredients:

- 2 C pineapple chunks
- 3/4 C diced bell pepper
- 1/2 jalapeno, diced
- 1 oz pistachio nuts
- 1/4 C fresh cilantro

Dressing ingredients:

- 1 Tbsp lime juice
- 1 Tbsp fish sauce
- 1 Tbsp minced ginger

Toss salad ingredients in a bowl. Mix dressing and pour over salad.

Zone Blocks: 2 servings at 2 1/4 blocks carb, 5 blocks fat

Fall Salad

Nicki Violetti – Issue 22

This is a beautiful addition to any table and so

simple to throw together! Enjoy!

Time: 10 minutes

- Arugula
- Endive
- Fuyu persimmon, chopped
- Pomegranate seeds
- Chopped walnuts
- Lime

Wash and dry arugula and slice endive into thin strips. Arrange on plate and top with persimmon and pomegranate seeds. Sprinkle with chopped walnuts and dress with olive oil and lime.

Zone Blocks: Calculate carb and fat blocks based on how much fruit and nuts you choose to use.

Mexican Cole Slaw

Scott Hagnas – Issue 19

Time: 4 minutes

- 2 1/4 C shredded green cabbage
- 1-2 Tbsp minced Anaheim peppers
- Pinch of salt, optional
- 1 Tbsp lime juice

Combine cabbage, pepper, and salt in a bowl. Drizzle with lime juice.

Zone Blocks: 2 servings at 1/2 block carbohydrate each



Mexican Cole Slaw

Sweet Potato Salad

Scott Hagnas – Issue 18

Time: 1 hour 20 minutes

- 2 medium sweet potatoes or yams
- 1 C chopped carrots
- 1 C chopped celery
- 2 chopped hard boiled eggs
- 3 Tbsp canola mayonnaise



Sweet Potato Salad

Place the potato and carrots into a large pot, add water, and boil for 1 hr. Remove and let cool, then chop into 1 inch squares. Meanwhile, boil 2 eggs separately for 10 minutes, then cool under cold water. Remove the shells and chop. When the potatoes are done, combine all ingredients in a large bowl, mix well.

Zone Blocks: Weigh the sweet potato or yam before cooking to determine how many carb blocks you will have (4 oz. = 3 carb blocks, 1 cup carrots = 2 carb blocks, 1 cup celery = 1 carb block.) Total recipe as above: 26 blocks fat, 2 blocks protein.

Winter Fruit Salad

Nicki Violetti – Issue 1

Time: 20 minutes

- 1 medium blood orange

- 1 medium ruby red grapefruit
- 1 medium Fuji apple
- 1 medium Valencia orange
- 1 handful of fresh mint
- ¼ C pecans
- Juice from ½ lime
- ½ tsp cinnamon

Coarsely chop pecans and set aside. Peel orange, blood orange, and grapefruit and separate into slices. The grapefruit will require some extra effort to remove the thick cortex. Chop each slice into fifths and place in bowl. Cut apple into eighths and then cut into smaller bite-sized pieces. Add to bowl. Mince the mint and add to salad. Add pecans, drizzle with lime juice and sprinkle with cinnamon. Mix and enjoy!

Zone Blocks: Salad contains: 8 blocks carbohydrate, 4 blocks fat. 1.5 Cups contains 2 carb blocks and 1 fat block.



Winter Fruit Salad

Broccoli & Cauliflower Salad

Scott Hagnas – Issue 17

Time: 15 minutes

- 2 C broccoli
- 2 C cauliflower
- 2/3 C diced onion
- 3 strips bacon
- 3 Tbsp canola mayonnaise
- 2 Tbsp unsweetened applesauce
- 1 Tbsp coconut milk

Cook the bacon, cut into small pieces. Toss all of the ingredients in a bowl. Let sit in the refrigerator overnight before serving. Adjust the mayo per your fat block requirements.

Zone Blocks: 2 servings at 1 1/2 blocks carb, 1/2 block protein, 15 blocks fat

Sesame & Ginger Salmon Salad

Robb Wolf – Issue 1

Time: 10 mins

- 1 can Wild Alaskan salmon
- 1 head cabbage, red or green
- Ginger, 2" long finger
- Juice from 1 lemon
- Toasted sesame oil

Finely chop cabbage (or shred in food processor) and place in large bowl. Mince ginger and add to cabbage. Add lemon juice to preserve freshness. Drain salmon and add to bowl. Mix thoroughly. Add toasted sesame oil to taste.

Zone blocks: Prepare cabbage as above. Mix cabbage, salmon and sesame oil on a per-meal basis. When serving keep in mind that 2 cups cabbage = 1 block carbohydrate and 1.5 oz salmon = 1 block protein. 1/3 tsp sesame oil = 1 block fat.

Grated Beet Salad

Robb Wolf – Issue 2

Time: 10 minutes

- 1 medium sized beet, grated
- 1 medium sized chicken breast, grilled and sliced
- Olive oil
- Lemon juice

Ah, how we love simplicity! Grate the beet, add sliced chicken breast and drizzle with olive oil and lemon juice. Toss and enjoy! The acid in the lemon juice will tend to hydrolyze the sucrose in

the beet, making it a bit sweeter.

The tops of beets or beet greens are also known as chard. They are discarded by many folks, but are in fact quite tasty. You can use them just as you would spinach or kale.

Zone blocks: Every half-cup of grated beets is a block of carbohydrate. 1 oz of grilled chicken is a block of protein. 1/3 tsp of olive oil is a block of fat. Construct the salad to suit your block needs.

Rocket Salads

Nicki Violetti – Issue 5

Where greens and lettuce are concerned, arugula, or "rocket" as it is known in the UK and Australia, ranks high. It has superb flavor, with slight peppery undertones and a hint of anise. In Italy you can order "rucola" as a pizza topping; you are served a pizza with a base of tomato sauce and cheese completely covered in greens (non Paleo of course, but illustrative of arugula's many uses). Look for arugula at your farmer's market!

Everyone knows how to get creative with a salad. Start with a base of lettuce and greens and go crazy with the other ingredients. Adding nuts and seeds and fresh fruit is just the beginning. Just root around in the fridge and see what you can put together!

To prepare arugula for a salad, dunk it in a bowl of cold water, then drain. Repeat several times until the water is clean. Then pat it dry or spin in a salad spinner.

One of a zillion tasty combinations:

- Arugula
- Red leaf lettuce
- Yellow bell pepper
- Sliced strawberries
- Chopped walnuts
- Olive oil for dressing

Zone Blocks: Calculate carb and fat blocks based on the amounts of fruit and walnuts you choose to use. Add some chicken or slice a hard boiled egg for protein.

soups

Chilled Avocado Soup

Scott Hagnas – Issue 18

Time: 5 minutes

- 4 Tbsp lime juice
- 2 avocados
- 1/2 jalapeno, chopped
- 1 clove garlic, chopped
- 2 C water
- 4 Tbsp coconut milk (optional)
- 4 Tbsp chopped cilantro (optional)

Peel and core the avocados. Put the lime juice,



Chilled Avocado Soup

avocado, jalapeno, garlic and water into a blender. Puree the mix, then pour into bowls for serving. You can garnish each serving with 1 Tbsp coconut milk and 1 Tbsp chopped cilantro, if you wish. I like to let this soup chill in the refrigerator for a bit before serving.

Zone Blocks: 4 servings at 1/2 block carb, 11 blocks fat

Chunky Pumpkin Soup

Scott Hagnas – Issue 9

This one makes a great seasonal post training meal. It can be prepared several ways. If you pre-cook the pumpkin, you can prepare this pretty quickly. Look for a small pumpkin such as an Amber Cup pumpkin. Avoid the large ones used for Jack-O'-Lanterns!

Time: 15 min with pre-cooked pumpkin

- One slice of bacon
- 2 C of pumpkin, cut into small chunks
- 1 medium yellow onion, sliced
- 1/2 C of chicken broth
- 1 lb of cooked and cubed pork
- 1/2 tsp cumin
- pepper to taste

There are two ways you can prepare the pumpkin. Start by cutting the pumpkin in half, then remove the seeds. To pre-cook, place the halves face down in a baking dish, and add around 1/4 C of water. Bake for 30-35 min at 375 degrees, then remove and allow the pumpkin to cool. When it is cool enough, remove the rind and cut into small squares. The alternate method is to first cut the pumpkin into squares and remove the rind before cooking.

Cut the bacon into small pieces, and saute in a wok or large skillet. Add the pumpkin, onions, and broth. Cover and cook on medium heat for around 20 minutes if using uncooked pumpkin, or 6-7 minutes if you've already cooked your pumpkin. Stir occasionally, adding the pork and spices. Olive oil can also be added if you need to up your fat blocks.

Zone Blocks: 1 1/3 C pumpkin = 1 carb block; 2/3 C onion = 1 carb block; 1 oz pork = 1 protein blocks; Makes 4 servings at approx: 4 blocks protein; 2 blocks carb; 2 blocks fat

Gazpacho

Scott Hagnas – Issue 20

Got some fresh veggies from the garden? Here is a quick chilled summer soup you can whip up to take advantage of the summer's bountiful harvest (unless your gardening skills are similar to mine, and then you can always fall back on the neighbor, or even the market).



Gazpacho

Gazpacho is Spanish in origin, and can take many forms. Here is a basic recipe. Don't be afraid to deviate from this recipe, you can use whatever you have on hand.

Time: 10 minutes

- 2 C tomato sauce (Pomi strained tomatoes are excellent)
- 1 1/4 C chopped red bell pepper
- 1 C chopped cucumber
- 2/3 C chopped red onion
- 1/4 C chopped cilantro
- 1 chopped garlic clove
- 2 Tbsp lime juice
- 1 Tbsp dried basil
- 1/4 to 1/2 tsp cumin
- olive oil, optional

Mix all ingredients in a bowl, except the olive oil. Refrigerate for one hour. Add olive oil to meet your fat block needs, if desired. Serve cold.

Zone Blocks: 4 servings at - 1.5 blocks carb, 1/3 tsp olive oil = 1 fat block.

Squash Bisque

Scott Hagnas – Issue 9

Time: 30 min

- 1 Tbsp olive oil
- 1/2 C chopped onion
- 1/4 C chopped celery
- 1 Tbsp grated gingerroot
- 2 C chicken broth
- 2 C cooked butternut squash
- 1/4 tsp nutmeg
- 1/8 tsp cayenne pepper

Split the squash in half lengthwise. Place face down in an oven dish, add 1/4 cup of water, and bake at 375 for 30 minutes. Allow it to cool, then dig out the pulp. You can mash it for a smooth consistency, if desired.

Heat the oil in a medium saucepan. Sauté vegetables and ginger at medium heat for 2 min, then add the chicken broth and bring to a boil. Stir in the squash. Simmer for 20 min until soup has thickened and the veggies are tender. Add the

cayenne pepper and nutmeg. Enjoy!

There are many possible variations of this, so be sure to experiment with different spices. I've also added some coconut milk to this before, which makes for a thicker soup.

Zone Blocks: 1/3 C squash = 1 carb block; 2/3 C onions = 1 carb block; Tbsp olive oil = 9 fat blocks

Jambalaya

Scott Hagnas – Issue 21

This one is a spicy Southern dish. I used El Pato sauce, but if you are not a fan of spicy foods, you might consider regular tomato sauce instead. Look for sausages that don't contain nitrates.



Jambalaya

Time: 10 min prep, 25 min cooking

- 1 Tbsp olive oil + 1 tsp, divided
- 1/2 lb spicy sausage, sliced (look for anoudale sausage)
- 1/2 lb shrimp
- 1 C chopped onion
- 3/4 C chopped green pepper
- 1/2 C chopped celery
- 2 C chicken broth
- 1 1/2 C water
- 1 tsp cajun seasoning + 1/8 tsp, divided

- 1 bay leaf
- 2 cans El Pato tomato sauce
- 1 1/2 C finely chopped cauliflower
- Dash of cayenne pepper

In a large skillet, heat the olive oil, sausage, onion, peppers, and celery. Sauté for around 5 minutes, then add the seasoning and bay leaf. Cook for 1 minute more. Add the tomato sauce, chicken broth, water, and cauliflower. Bring to a boil, then cover, reduce heat to medium low, and simmer for 20 minutes. Remove the bay leaf.

In another skillet, sauté 1/2 lb of shrimp, 1/8 tsp Cajun seasoning, and a dash of cayenne pepper in 1 tsp olive oil. Sauté for 2 minutes, then stir into the jambalaya.

Zone Blocks: 4 servings at 1.5 blocks carb, 2.75 blocks protein, 6.5 blocks fat

Squash Chili

Scott Hagnas – Issue 21

Time: 15 minutes prep, Approx 2 hr cooking

- 1 lb grass fed ground beef
- 1 Tbsp olive oil
- 1 C diced acorn squash
- 1/2 C sliced mushrooms
- 1/2 C chopped onion
- 1 clove chopped garlic
- 1 Tbsp chili powder
- 1/4 tsp cumin

In a medium to large pot, brown the meat in the olive oil. Break the meat up as you stir. Add all of the remaining ingredients and stir well. Reduce the heat, and simmer for two hours or more. Continue to stir periodically. You may need to add water occasionally as the chili simmers, but keep in mind that you want it to be somewhat thick.

This is a great recipe to double or quadruple and have a batch of leftovers on hand.

Zone Blocks: 3 servings at 1 block carb, 5.3 blocks protein, 20 blocks fat

Hamburger Vegetable Soup

Scott Hagnas – Issue 21

A simple, catch-all slow cooker recipe. Clean out the fridge with this one, use this recipe as a guideline, but use what you have on hand.

Time: 8-10 min prep, 6-8 hours cooking

- 1 lb grass fed ground beef
- 1 C chopped carrots
- 1 C chopped celery
- 1 1/2 C chopped mushrooms
- 1/2 C chopped onion
- 1 1/4 C chopped bell peppers
- 1-2 chopped garlic cloves
- 1 Tbsp dried thyme or oregano
- Beef broth or water

Add all of the ingredients to the slow cooker. Break the hamburger up into small pieces. Add broth or water to the desired consistency - more for a watery soup, less for a thicker stew. Cook on low 6 to 8 hours.

Zone Blocks: 4 servings at 1 block carb, 4 blocks protein, 13 blocks fat

Spicy Pumpkin Soup

Scott Hagnas – Issue 21

Here is a quick soup that can be made yearround. I used canned pumpkin, but you can use fresh pumpkin if you wish. To use fresh pumpkin, halve, seed, and bake at 375 degrees for 45 minutes. Peel, chop, and mash with a potato masher, and it's ready to add to the soup.

Time: 20 minutes

- 1 jalapeno, chopped
- 1 Tbsp olive oil
- 4 C chicken broth
- 1 can (15 oz) canned pumpkin
- 2 Tbsp lime juice
- 2 Tbsp chopped cilantro
- 1 Tbsp unsweetened applesauce

In a large saucepan over medium heat, sauté the jalapeno in olive oil for 1 minute. Stir in the broth

and pumpkin, then bring it to a boil. Reduce the heat, add the lime juice and cilantro. Simmer for 5 minutes. Stir in the applesauce before serving.

Zone Blocks: 3 servings at 2.3 blocks carb, 3 blocks fat

Coconut Beet Borscht

Robb Wolf – Issue 2

This is a hearty and flavorful dish. The fat content of the coconut milk makes it perfect for those following the athlete's zone.

Time: 30 minutes

- 5-6 medium beets (a variety of colors makes for a radiant dish!)
- 1 yellow onion
- 1 can coconut milk
- 1/2 C minced ginger

Mince ginger and chop the onion. Infuse both in a small amount of olive oil for 3-5 minutes on medium heat. Chop the beets into bite-sized pieces and add to the pot. Add about 1/2 cup of water, cover and let steam for another 5 minutes. Add coconut milk and stir. Cook covered for 10-15 minutes on low heat, stirring periodically. When the beets are tender enough to stick a knife into them, you are ready to eat!

Zone Blocks: As prepared above, the recipe contains 14 blocks carbs (every 1/2 cup beets is 1 block of carbs) and 45 blocks fat. This makes for a convenient 3x fat meal. Each 1/2 cup of the finished product yields 1 block carb and 3 blocks fat. Add a lean protein source and you're set.

entrées

Chicken with Turmeric

Scott Hagnas – Issue 16

Time: 20 minutes

A quick chicken dish with a taste of India.

- 1-2 garlic cloves
- 1 1/3 C chopped onion
- 1 inch piece of fresh ginger
- 1/4 C lemon juice
- 2 Tbsp olive oil
- 1 lb boneless chicken breast
- 1 tsp turmeric



Chicken with Turmeric

Add garlic, 1/3 cup onion, ginger, and lemon juice to a blender. Process to a fine pulp, then set aside. Sauté the remaining onion in a skillet with the olive oil. Cut chicken into bite-sized pieces, then add to onion and cook, stirring until browned. Add the turmeric and garlic pulp. Cook for 5 minutes, stirring frequently.

Zone Blocks: 4 servings of 1/2 block carb, 4 blocks protein, 4.5 blocks fat

Tomato and Eggplant Curry

Scott Hagnas – Issue 8

There is a great little restaurant near CrossFit Portland where a few of us sometimes go to eat after evening classes. One of the dishes that is our favorite is a tomato and eggplant curry. I went home and tried to make something similar - this is my Paleo version. It is surprisingly quick to make, as well! This makes a 5X fat meal.

Time: 15 minutes

- 1 medium eggplant
- 1 large tomato
- 2 Tbsp olive oil
- 1/4 C coconut milk
- 1/2 C chicken broth

- 1 tsp curry powder
- 2 Tbsp sesame seeds
- 2 cloves garlic
- Fresh basil
- 5 oz cooked and diced chicken

Cut the tomato and eggplant into small pieces, then sauté them in a large saucepan w/olive oil and curry powder. Sauté them until they are soft and begin to break down. Add the remaining ingredients, simmer for 3-4 more minutes. Enjoy!

If you can find Thai fish sauce and red curry paste, these can be added as well and will really enhance the taste.

Zone Blocks: 1 C tomato = 1 carb block; 1 1/2 C eggplant = 1 carb block; 5 blocks protein; 25 blocks fat

Greek Scallops

Scott Hagnas – Issue 15

- 1 lb sea scallops
- 2 Tbsp olive oil
- 1 C chopped onion
- 1 C sliced mushrooms
- 2 cloves minced garlic
- 1 C chopped tomatoes
- 1/4 C chopped parsley
- 2 Tbsp lemon juice
- oregano
- pepper
- 1 hard boiled egg, chopped
- 2 Tbsp pine nuts



Greek Scallops

In a large saucepan, heat the scallops in 1 Tbsp of olive oil until opaque, around 5 minutes. Transfer the scallops and liquid to a bowl and set aside. Rinse and dry the pan.

Next heat 1 Tbsp of olive oil in the pan, add the onions and sauté for 2 minutes. Add the mushrooms and sauté 3-5 min more, then add the minced garlic and sauté for 1 more minutes. Add the tomato, lemon juice, chopped parsley, oregano, and pepper. Boil, then reduce heat and simmer 5 minutes. Stir in the scallops and liquid, and bring to a boil. Serve into bowls, top with the chopped hard boiled egg and pine nuts.

Zone Blocks: 2 servings at: 1.5 blocks carb, 2.5 blocks protein, 7.5 blocks fat

Greek Lamb and Spinach Stew

Scott Hagnas – Issue 15

Time: 30 minutes prep, 1.5 hours cooking

- 2 lb shoulder of lamb
- 1 onion, chopped
- 4 Tbsp olive oil
- 1 lb tomatoes, chopped
- 2 Tbsp tomato paste
- Oregano
- Pepper
- 2 1/2 C water or chicken broth
- 1 lb spinach, shredded

Cut the lamb into bite sized pieces. Heat the oil in a large pot, then add the lamb and chopped onion. Cook over medium heat around ten minutes, stirring, until browned.

Add the tomatoes, tomato paste, seasonings, and water or broth. Mix well and bring to a boil, then cover and simmer for 1 1/2 hours.

Wash and shred the spinach. Add to the stew, stir, cover and cook ten minutes more. Adjust the seasonings if desired, then serve.

Zone Blocks: 6 servings at - ~1 block carbs, 5 blocks protein, 14 blocks fat

Simmer Sauce Spinach

Scott Hagnas – Issue 11

Time: 5 minutes

Here is a very quick recipe that I use when pressed for time. This is also good served cold.

- 2 C frozen spinach
- 1/3 C frozen chopped onion
- 1/2 C Korma Simmer Sauce or other Marsala sauce (Trader Joe's Curry Simmer Sauce is good, too)
- 5 oz canned tuna or other leftover meat
- 1 oz cashews
- 1 Tbsp raisins
- Olive oil as needed

Microwave spinach and onion until thawed. (Or, as I usually do - leave them out to thaw overnight.) Add sauce and meat, then heat more. Add raisins, cashews, and oil as needed.

Zone Blocks: 1 serving = 4 blocks carb, 5 blocks protein, 4 1/2 blocks fat (before adding olive oil)

Paleo Pizza

Scott Hagnas – Issue 13

Time: 25 minutes prep, 30 minutes cooking

I am sure that I am not alone in my occasional longing for pizza since switching to eating Paleo. Pizza is a food that seems off-limits for those

following a Paleo eating plan. After all, what would pizza be without the doughy crust and cheese? I decided to try to come up with a version that would nix the grain and dairy, and still taste good! This is my basic pizza recipe. You can alter it and add whatever veggies and meats that you like to make your favorite style of pizza.

- 3 tsp olive oil, divided
- 1 C ground almonds or other nuts
- 3 Tbsp cashew butter
- 1/3 C egg whites
- 1/2 C chopped onion
- 2 cloves minced garlic
- 1 chopped red pepper
- 1/2 C halved grape tomatoes
- 1 large Italian sausage, cut in 1/2" slices
- 1/2 C marinara sauce
- 1/2 tsp oregano
- 1/2 tsp fennel seed

Mix ground nuts, cashew butter, and egg whites in a small bowl. Grease a pizza baking sheet or similar with 2 tsp of olive oil, then spread the "dough" mixture over it, making a 1/4" thick crust. Preheat the oven to 250 F. In a skillet, add the remaining olive oil and the sliced sausage. Cook until browned, then remove the sausage to a small bowl. Add the garlic, onions, and red pepper to the skillet. Sauté the veggies lightly, making sure not to let them get too soft. Cover the dough with the marinara sauce, then add the meat and vegetables, excluding the tomatoes. Add the oregano and fennel seed, then bake for 30 minutes. Remove from oven, add the halved tomatoes, and serve! Use a large spatula to carefully remove the slices from the pan, as the nutty "dough" won't be as crisp as traditional grain dough. Makes 4 servings.

Zone Blocks (per serving): 1/2 block carb, 1 block protein, 10 blocks fat

Squash with Mincemeat

Scott Hagnas – Issue 12

Mincemeat was developed in medieval times as a way of preserving meat. Meat was mixed with fruit, liquor, and spices, then was allowed to cure. Over time, some versions of mincemeat did not contain meat at all, but were really more of a



Paleo Pizza

sweet desert. Fast forward to the present, where true mincemeat is almost a lost art. Take a look in your grocery store, and the only mincemeat you can find will be jars of a substance with the first ingredient being high fructose corn syrup.

All is not lost, as you can still experience true mincemeat if you prepare it yourself. You will need to make the mince at least a day in advance, preferably longer, to allow it to cure and to bring out the best flavors. The mince is a combination of meat, fruits, nuts, and liquor. Variations are endless and desirable. Once you have the basic mince down, be sure to experiment and tweak the recipe to suit your taste. You can also easily modify the ingredients to suit the macronutrient profile of your diet. Leftovers can be a delicious recovery meal. The mincemeat can be served any number of ways, but my favorite is to serve it stuffed in winter squash.

Time: 2 hr total cook time (mincemeat), 5-10 min. (stuffed squash)

Mincemeat:

- 1 lb ground beef, preferably grass fed
- 1 C beef broth, or water
- 1/2 Granny Smith or other tart apple, peeled, cored, and chopped
- 5 dried apricots, chopped
- 1/3 C rasins
- 1/2 C chopped pecans
- 1/3 C chopped dates
- 1/4 C unsweetened applesauce
- 1/2 tsp cinnamon
- 1/4 tsp allspice
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 3 Tbsp canola oil
- 2 Tbsp lemon juice
- 1/4 C brandy (optional)

Place beef and broth or water in a large, heavy saucepan. Bring to a boil, cover, and simmer for one hour. Meanwhile, mix the fresh and dried fruits and nuts in a bowl. Add this mixture to the meat and simmer gently for 15 minutes. Add the seasonings and oil and continue to simmer for 30 more minutes. Allow the mixture to cool, then transfer to a glass or porcelain dish. Cover and let sit in the refrigerator overnight. If you are going to add the brandy, add it the next day. Allow the mincemeat to sit in the 'fridge for several days—it gets better as the flavors marinate and react with

one another.

If you've gotten this far, most of the work is done! To serve the mincemeat, get a good winter squash. I like to use acorn squash, but again - experiment. Pumpkins will work well, too. Cut the squash down the middle to make two "bowls". Cut flat slices off of the bottoms to make the bowls stable, if necessary. Remove the seeds and stringy fibers. Set the squash halves on a baking sheet, open side up.

Mound the mincemeat into the squash "bowls". Drizzle olive oil around the edges of the squash. Add nutmeg, ginger, and coriander to taste. Cover lightly with foil, and bake for 30 minutes at 350 degrees. Remove the foil and bake 30 more minutes. Enjoy the fruits of your labor!

Zone Blocks: 4 servings. 1 serving = 4 blocks carb, 4 blocks protein, 13 blocks fat

Moussaka

Scott Hagnas – Issue 15

Moussaka is a casserole dish found in many cultures, but in the West, the Greek version is probably the best known. It is usually an eggplant casserole topped with a cream sauce. Here, we sub parsnips for the potatoes, then get a little creative to try to make a Paleo-friendly cream sauce.

Time: 45 min prep, 45 min cooking

- 1 medium eggplant
- 2 parsnips, sliced crosswise 1/4 inch thick
- 3 Tbsp olive oil
- 1 C chopped onion
- 1/2 lb ground beef (preferably grass fed)
- 1/4 chopped parsley
- 4 Tbsp tomato paste
- 1/4 C ground sunflower seeds
- 1/4 C coconut milk
- 1 egg
- 2 Tbsp tahini
- nutmeg

Peel the eggplant and slice lengthwise into 1/2-inch thick strips. Place in a steamer, then steam 5-10 minutes until soft. Set aside. Meanwhile,

heat 2 Tbsp of olive oil in a pan, and sauté the parsnip slices around 3-4 minutes each side. Set these aside. Add 1 Tbsp olive oil to the pan, and sauté the onion for a couple of minutes. Add the beef and cook until the meat is browned. Add the parsley and tomato paste, simmer for 10 minutes.

In a medium small casserole dish, start to layer the moussaka. Place a layer of eggplant, then parsnip slices, then meat sauce, eggplant again, parsnip, meat, and finally end with eggplant.

In a small pan over medium-low heat, warm the coconut milk, egg, ground seeds, tahini, and nutmeg. Stir until the mixture just begins to thicken, then pour over the moussaka as a topping.

Bake in the oven for 45 minutes at 350 degrees. Allow to cool for a bit, then slice and serve.

Zone Blocks: 2 servings at - 4.5 blocks carb, 5 blocks protein, 30 blocks fat

Sloppy Joes

Scott Hagnas – Issue 14

Here is a spicy cocoa version of an old favorite. Since we will not be serving this over the traditional hamburger bun, you have several options. I like to make a bed of romaine lettuce and tomato slices, but there are many possibilities: eggplant, squash, nut patties, you name it.



Sloppy Joes

Time: 30 minutes

- 1 ½ lbs ground turkey or beef (preferably grass fed)
- 1 C chopped onion
- 1 C tomato puree
- 2 Tbsp cocoa powder
- 1 Tbsp chili powder
- ½ tsp yellow mustard powder
- 1 ½ tsp ground black pepper

Cook meat and onion in a large skillet on medium heat for 10 to 15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10 to 15 minutes. Serve over vegetables of your choice. Makes 4 servings.

Zone Blocks: 4 blocks protein, < 1 block carb, approx 8 blocks fat

Smoked Paprika Chicken & Squash

Scott Hagnas – Issue 14

Smoked or sweet Spanish paprika can be used to add a delicious flavor to a wide variety of dishes. Depending on where you live, it can be hard to find. Look in stores with a large selection of spices or in an ethnic market. It is usually imported, and it will come in a small metal tin rather than the typical spice jar.

Time: 10 minutes prep, 30 minutes cooking

- 1 ½ lbs boneless, skinless chicken breast
- 1 winter squash (acorn, etc.)
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 Tbsp applesauce or natural honey
- 2 cloves garlic, minced
- 1 tsp smoked paprika

Place chicken in a baking dish, then cut two ½-inch deep slices in each breast. Cut the squash into bite-sized pieces, and add to the dish. In a small bowl, combine the remaining ingredients and mix well. Pour over the chicken. Add ¼ cup of water to the dish, then bake at 350 F for around 30 minutes.

Zone Blocks: 1 oz. chicken = 1 block protein; 1/2 cup squash = 1 block carb

Eggplant Lasagna

Scott Hagnas – Issue 12

Here is a Paleo version of an old favorite that usually comes loaded with cheese and pasta. Trust me, you won't miss the dairy or grains! I offer several versions here, all interchangeable. The eggplant can either be steamed or fried, and you can make your own marinara sauce or skip that step and save time. I really like the Pomi marinara sauce, but it is hard to find. Many variations are possible, so experiment and have fun. When we prepare this, the vegetable tends to be whatever is leftover in the 'fridge that day.

Time: 45 min - 1 hr. (if making marinara sauce)
25 min (w/prepared marinara sauce)

- 1 lb ground lamb, beef, or turkey (Italian sausage is excellent, too)
- 2 large eggplants
- 2 C vegetables - broccoli, cauliflower, or spinach
- Approx 3 C Marinara sauce (see recipe below, or use your favorite)
- Olive oil
- Oregano, basil, pepper and paprika to taste

Cut the stem end off of the eggplant, then peel. Slice eggplant lengthwise into 1/4 inch thick strips. Now, you have the option to fry or steam the eggplant. If frying, an electric skillet works best. You'll end up using a lot of olive oil, so only use this option if you are planning to eat a pretty high fat meal. The eggplant will soak up quite a bit of oil. Turn the eggplant after a couple of minutes, add more oil when you do. You want the eggplant to be soft, but only lightly browned. Continue until all of the eggplant is done. Set aside the eggplant for now.

I prefer steaming the eggplant. I use a steamer, and do two slices at a time. Turn once, continuing to steam until soft. This will be around 5 minutes or so, depending on your steamer. Another option would be to place the eggplant in a broiler pan with a little water, and bake until soft.

Meanwhile, cook the meat. Brown the meat in a skillet, adding the spices. Set aside when done.

Now, it's time to assemble the lasagna. In a large baking dish, lay slices of eggplant to cover the

bottom. If you steamed the eggplant, you will want to drizzle it with olive oil at this point. Plan out beforehand how much olive oil you want to add to meet your macronutrient ratios. Cover the eggplant with some marinara sauce, add another layer of eggplant w/oil, cover again with sauce. Next, layer the vegetables. Follow with another eggplant layer, more sauce, then add the meat. Cover this with the last of the eggplant, and top with the rest of the marinara sauce.

Place the lid on the baking dish, and bake at 350 degrees for 30 minutes, removing the lid after 15 minutes. Cut into sections, and serve. Makes four servings.

Marinara sauce:

- 2 chopped tomatoes
- 2 C tomato paste
- 2 garlic cloves
- 1/4 red onion
- 1 Tbsp olive oil
- Basil
- Oregano
- Pepper

Place oil in a saucepan, saute the garlic over medium heat for 1-2 min. Add onion, saute until soft. Add remaining ingredients, simmer for 30 minutes or longer. Add water if needed.

Zone Blocks: 1 serving = 2.5 blocks carb, 4 blocks protein, ~9 blocks fat (before adding olive oil. Adjust as needed)

Quick Stir Fry

Scott Hagnas – Issue 11

Time: 5 minutes

- 3 C pre packaged stir fry veggies
- 5 oz can tuna or other leftover meat (shrimp works great, too)
- 1 oz sunflower seeds
- olive oil or toasted sesame oil
- 1/4 tsp ginger
- 1 Tbsp reduced sodium wheat free soy sauce or Tamari (optional)

Sauté the veggies in the oil for around 3 minutes.

Add the ginger, sunflower seeds, tuna, and wheat free soy sauce. Sauté for a couple of minutes longer, then serve.

Zone Blocks: 1 serving = 1 1/2 blocks carb, 5 blocks protein, 4 1/2 blocks fat. Add oil as needed to balance your fat blocks (1/3 tsp = 1 fat block)

Chicken Korma

Scott Hagnas – Issue 16

Time: 1 hour

It seems most of the CrossFit Portland crew loves Indian food. We are lucky, Portland is a fantastic place for the diversity of ethnic cuisine that you can find. We have a great Indian restaurant nearby that we visit periodically, and this is my version of a favorite dish there.



Chicken Korma

- 1/2 C almonds
- 1 Tbsp minced ginger
- 6 cloves garlic
- 1/3 C water
- 2 Tbsp olive oil
- 2 lbs skinless chicken thighs or breasts
- 6 whole cloves
- 3 bay leaves
- 1 1/3 C chopped onion
- 1 cinnamon stick
- 1 tsp coriander
- 1 tsp cumin

- 1 tsp cardamom
- 1/4 tsp cayenne pepper
- 1/2 C coconut milk

In a blender, puree the almonds, ginger, garlic in 1/3 cup of water. Brown the chicken in a large skillet, then set aside. Stir in the cloves, bay leaves, onion, and cinnamon stick. Sauté for about 5 minutes. Add the almond mixture, along with the remaining spices. Cook 3 minutes, stirring often. Return the chicken with 1/2 cup of water, cover and simmer for 30 minutes. Then, stir in the coconut milk slowly. Discard the cinnamon stick, cloves, and bay leaves. Enjoy!

Zone Blocks: 8 servings of .25 blocks carb, 4 blocks protein, 10 blocks fat

Quick Coriander Chicken

Scott Hagnas – Issue 11

Time: 5-10 minutes prep

- 2 chicken breasts
- Cabbage, cauliflower, or both
- 1 apple, cored and chopped
- Parsley
- 1/2 tsp coriander
- Water

I love the slow cooker. Toss in a few things, go to bed, and you have meals for the next day when you wake up. Here is an easy chicken recipe—load the crock pot and get some sleep!

Zone Blocks: Approx. 2 servings at 5 blocks protein, 2 blocks carb.

Stuffed Chicken Breast

Scott Hagnas – Issue 20

Here is a quick and tasty protein recipe. These can be made ahead of time and they are portable for lunches and snacks. As far as the seasonings, experiment with your favorite fresh herbs and spices. I used garlic powder, oregano, and thyme for this batch.

Time: 12 minutes prep, 30 minutes cooking

- large boneless, skinless chicken breasts
- 1-2 Tbsp tahini per chicken breast
- chopped tomato
- shredded spinach
- seasonings to taste

With a sharp fillet knife, slice the chicken breasts lengthwise, making a pocket to stuff. Spread the tahini in each chicken pocket. Fill with the spinach and tomato, or other veggies of your choice. Add any seasonings, close the chicken breast, and place in a baking dish. Bake in the oven at 350 degrees for 30 minutes.

Zone Blocks: 1 oz chicken = 1 block protein, 1 Tbsp tahini = 5 blocks fat, carb content minimal

Three-Minute Chicken

Robb Wolf – Issue 20

This is a good quick meal that is perfect for leftovers, or if you are the planning type you can convert that cold lump-o-chicken-breast into a hot meal in minutes.

- Chicken breast
- ¼ - ½ head of cabbage
- Olive oil
- Marinara sauce (low sugar)
- Fresh basil leaves
- Black pepper

Grab a chicken breast and slice it as thinly as possible lengthwise. Turn the strips 90 degrees and cut the strips into small cubes. You can control the texture at this point by either finely mincing the chicken or leaving it in larger cubes. Now thinly slice ¼ - ½ head of cabbage. Place chicken and olive oil in a pan with as much olive oil as you need to satisfy your fat block requirements. Add 1-2 cups of the low sugar marinara sauce of your choice. Heat thoroughly on high heat. Serve garnished with fresh basil leaves and topped with ground black pepper.

Zone Blocks: Build as you need. Chicken is 1 block protein per oz. ¼ head of cabbage and ½ cup of marinara sauce each equal 1 block carb and of course 1/3 tsp of olive oil is 1 block fat.

Grilled Flank Steak with Pineapple Salsa

Scott Hagnas – Issue 19

Aah, summertime. Time to fire up the grill! Here is a quick and easy dinner.

Time: 20 minutes

- 1 lb flank steak, preferably grass fed
- 2 tsp olive oil
- 1 tsp chipotle powder
- 4 slices of pineapple or pineapple rings
- 1 1/4 C chopped red bell peppers
- 1/2 C chopped red onion
- 1/4 C chopped cilantro
- 2 Tbsp lime juice

Get the grill ready! Meanwhile, mix oil and chipotle powder in a dish. Apply to both sides of the steak, then grill for around 5 minutes on one side. Flip and continue to grill for around 3 minutes more (remember that grassfed beef will cook faster than conventional beef. If you use conventional beef, you may need to grill it for a few minutes longer). Remove to a plate and cover for 10 minutes. The steak will continue to cook. Meanwhile, grill the pineapple rings for 2-3 minutes per side. Dice the pineapple, place in a bowl. Add the remaining ingredients. Slice the steak thinly, serve with the salsa.

Zone Blocks: 4 servings at 4 blocks protein, 1.5 blocks carb, 9 blocks fat

Glazed Chicken & Vegetables

Greg Everett – Issue 20

- 4 large chicken breasts
- 2 sweet potatoes or yams
- 4 carrots
- 2 green apples
- 3 Tbsp olive oil
- 2 Tbsp chopped onion
- 2 tsp curry powder
- ¼ tsp crushed red pepper
- ¼ tsp ground ginger
- 1 tsp mustard powder

Pre-heat oven to 375 F. Brush chicken breasts with

olive oil and place in a Pyrex dish or similar. Cook until chicken is rare and remove dish. Slice and boil sweet potatoes/yams and carrots until tender but firm. Add to oven dish with sliced apples.

In a sauce pan, combine the last 6 ingredients—add more olive oil according to your fat requirements. Stir continuously until glaze comes to a boil. Spoon glaze evenly over chicken and vegetables. Return dish to oven and continue cooking for 10-20 minutes or until chicken is completely cooked.

Zone Blocks: Protein – 1 oz cooked chicken = 1 block; Carb – 1 apple = 2 blocks, 1 yam = 3 blocks, ½ cup cooked carrots = 1 block; Fat – 6 blocks.

Machaca

Scott Hagnas – Issue 19

Machaca is a way of preparing slow cooked shredded beef. It is popular in Mexican and Tex-Mex foods. It was originally a way to prepare beef for preservation and travel, similar to jerky. Today, there are many ways to prepare Machaca. Here is the way that I make it - simple and it turns out good! Use the Machaca for [breakfast as a scramble](#), or with tacos, on a salad - get creative.

Time: 15 minutes prep, 2.5 hours cooking

- Leftover beef, 1 to 2 lbs
- 1 Tbsp olive oil
- 2/3 C chopped yellow onion
- 2/3 C chopped green bell pepper
- 1 chopped jalapeno pepper
- 2 chopped cloves garlic
- 1/2 C chopped tomato
- 1/2 C beef broth or water
- 1 Tbsp oregano
- 1 Tbsp cumin
- 1/4 tsp chili powder
- Hot sauce of your choice

Using a large pot, sauté the onion, peppers, and garlic in the olive oil. Add the remaining ingredients and bring to a boil. Turn the heat down, cover the pot, and simmer for around two hours. Allow the meat to cool, then remove the meat and shred. It should be soft and pull apart easily at this point. Return

the meat to the pot, then continue to simmer, uncovered.

Let the mixture get thick, even almost dry. Use the Machaca in a dish of your choice, or store in the refrigerator for later use.

Zone Blocks: Total recipe contains: 2 blocks carb, 16-32 blocks protein (depending on quantity of beef used) 1 oz. beef = 1 block protein, 2/3 cup onion = 1 block carb, 2/3 cup peppers = 1/2 block carb, 1/2 cup tomato = 1/2 block carb.

Not So Corny “Corned Beef”

Robb Wolf – Issue 2

I'm Irish. Well, I'm mainly Swedish and Scottish, but I know there is some Irish lurking in here somewhere. This may account for my calm demeanor while driving and my penchant for odd foods, for example corned beef and cabbage. Perhaps not as bad as liver and onions (don't worry, we are not planning an issue devoted to organ meats... well, hmmm...) Corned beef and cabbage brings me back to my childhood. Especially since St. Patty's is arriving in just a few days. So to help you experience the joy of being Irish, here is a Paleo-friendly gem from the Emerald Isle.

Time: 10 minutes prep

- 1-4 lbs of London Broil (Brisket is traditionally used but is quite marbled. For a leaner cut choose the London Broil)
- 1 head green cabbage chopped in long thin strands
- ½ cup peppercorns
- 5-10 bay leaves

Pour peppercorns into the bottom of a slow cooker. Brown meat for 1 minute on each side in a skillet with a small amount of olive oil. Place meat atop peppercorns. Cover meat with bay leaves then cover with cabbage. Set slow cooker on low for 4-5 hrs or high for 2 hrs. The meat should be very tender, but one may slice it thin and serve with some of the cabbage. Don't eat the bay leaves!

Zone Blocks: Each 1.0 oz. of cooked meat is one block of protein. Each cup of cabbage is 1 block

of carbs. This recipe is going to be a little skinny on the carbs. Check out our beet salad to help round out the meal.

Wild Alaskan Performance Patty

Robb Wolf – Issue 1

Time: 20 minutes

- 1 can Wild Alaskan salmon
- 36 almonds (roughly a rounded ¼ cup; or substitute 1 Tbsp Almond butter)
- 3 eggs
- Black pepper
- Dash of sea salt



Wild Alaskan Performance Patty

Drain water from salmon and discard. Place the salmon in a mixing bowl. Using a coffee grinder or food processor, grind almonds to a rough paste-like consistency and add to bowl. Add eggs, pepper and sea salt. Mix thoroughly.

Heat a non-stick skillet with a little olive oil. Measure 4.75 oz or a rounded ½ cup of salmon mixture and form into a patty approx 4.5" in diameter (1/2 inch thick). Place in skillet and cook on medium heat for 5 minutes per side or until golden brown.

We have constructed this recipe to reflect a 3X

Athlete's Zone fat content. You may adjust this number up or down by altering the quantity of almonds.

Zone Blocks: Yields ~ 2 cups of patty mixture (4 medium-sized patties): 12 blocks protein, 18 blocks fat.

Curried Performance Patty

Prepare as above, but add ¼ tsp of your favorite curry powder and omit pepper and sea salt. Let us know what other seasoning variations you discover on this theme!

Cooking Slow with El Pato

Robb Wolf – Issue 3

The slow cooker or crock-pot is an absolute essential for those with busy schedules. To walk through the front door at the end of the day and be enveloped by a fragrant hot meal is a reality that is amazingly simple to create. One can also opt to start the slow cooker before bed and awake to a full day's meals; your choice.

While most anything can be thrown into a slow cooker, we have one favorite ingredient that is sure to make the meal a winner: El Pato.

El Pato is a spicy Mexican tomato sauce. There are two varieties: Mexican hot style, and jalapeno. The Mexican hot style comes in a yellow can and is our personal favorite. One only needs some protein of choice, a can opener, and a can of El Pato to prepare a veritable feast.

It's easy: Add meat to the slow cooker, then add some El Pato. Set the slow cooker either on low (will take a minimum of 4 hours and a maximum of 7-8) or high (approx 2-3 hours) and then go about your business. Your tasty meal will be cooking along while you perform feats of multi-tasking greatness.

Homemade BBQ Sauce

Robb Wolf – Issue 20

Those of us in the northern hemisphere still have some summer grilling before us. For those of you in the Southern hemisphere... well, who am I trying to kid. Anywhere, anytime is a good time for BBQ! Unfortunately most off the shelf BBQ sauces are loaded with sugar and wheat in the form of soy and teriyaki sauce. Yummy to be sure but they offer both an insulin spike and a gut bomb. What's a health conscious griller to do? Make your own! I've tinkered with this a bunch this last summer and I have what I think is a pretty good base to which you can add nearly any spice combo. OK, I hear the murmurs of disbelief... Don't worry, I've got The Duck!

The base of this sauce is one part El Pato and one part Valentina picante sauce. One cup total is a pretty good amount for 1lb (400-500g) of meat. This base sauce is awesome and can be used as-is but some of my favorite additions include:

- Curry Powder (1 Tbsp/cup)
- Cumin Powder (1 tsp/cup)
- Black Pepper (1 Tbsp/cup)

This is just a start to give you some ideas for your own experimentation. To use the sauce give this procedure a shot:

Add your evenly sized meat to a hot, clean grill. Turn the flame to the lowest setting and cook the meat on a middle rack if you have multiple levels on your grill. Cook the meat on the first side for around 5 minutes and then turn the meat. Brush the sauce onto the freshly cooked side of the grilled meat. Repeat this process every 5 minutes, thoroughly coating the meat with each rotation. Cook the meat around 20 minutes for every inch of thickness for pork and chicken. You can cook beef much less if you desire a rare or medium rare finish. If the meat is browning too quickly move it to the top rack of your grill. A major mistake in grilling is trying to cook too quickly! Take your time, brush in the sauce, and you will be stunned with the results.

vegetables & sides

Thai “Peanut” Sauce Over Spaghetti Squash

Scott Hagnas – Issue 13

Time: 10 minutes prep, 30 minutes cooking

A Thai peanut sauce, without the peanuts! This makes a good high-fat side dish.

- One spaghetti squash
- 2 Tbsp lemon juice
- 1/4 C tamari soy sauce (no wheat)
- 2 Tbsp toasted sesame oil
- 1/3 C almond butter
- 2 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1 tsp ginger

Heat oven to 350 F. Split the squash in half, remove seeds and ropy fibers. Place face down in a baking dish, add 1/4 cup of water. Bake for 30 minutes.

Meanwhile, in a small pan, combine the remaining ingredients. Stir often over medium-low heat. Once the squash is done, dig out the pulp, then pour the warm sauce over it. Makes 2 servings.

Zone Blocks: per serving, 2 blocks carb, 13 blocks fat

Kohlrabi and Fennel Slaw

Scott Hagnas – Issue 9

Kohlrabi is an unusual looking vegetable that is common in European gardens. It tastes a little like a turnip. It is planted in the spring for summer harvest, then again in July for a fall harvest. Kohlrabi is an excellent source of potassium and vitamin C. Here is one of many ways that you can prepare it.

Time: around 30 minutes

Slaw:

- 2 C grated kohlrabi
- 2/3 C thinly sliced fennel



Thai “Peanut” Sauce Over Spaghetti Sauce

- 2 slices bacon
- 1/2 C basil leaves
- 1/3 C chopped walnuts

Dressing:

- 1 egg yolk
- 1 Tbsp lemon juice
- 1 tsp ground mustard
- 3 Tbsp olive oil
- pepper

Use a food processor or hand held blender, combine the egg yolk, lemon juice, and mustard. Add olive oil and pepper and mix well. Meanwhile, grill the bacon until it is fairly crisp. Break it into pieces.

Remove the stems and grate the kohlrabi. Combine the kohlrabi and fennel in a bowl, then add the dressing and mix well until the vegetables are well coated. Add more pepper if desired, then toss the basil thru the salad. Top with the bacon bits and walnuts.

This makes a great side dish, or you can serve it topped with baked fish. I like to serve it with walnut baked cod.

Zone Blocks: 2 cups kohlrabi = 1.5 blocks carb; 1 1/2 cups fennel = 1 block carb. Recipe as above makes 2 servings at: 1 block carb; 1 block protein; 12 blocks fat

Cauliflower with Egg Sauce

Scott Hagnas – Issue 8

Time: 15 minutes

- 1 head of cauliflower
- 2 Tbsp olive oil
- 2/3 C minced sweet onion
- 2 Tbsp ground walnuts or almonds
- 2 hard boiled eggs, chopped fine
- 1/4 C fresh parsley or dill
- Pepper to taste

Boil the cauliflower florets. In a skillet, sauté the onions in the olive oil until soft and brown. Stir in the ground nuts, eggs, parsley or dill, and pepper. Toss lightly until blended. Place the cauliflower in a dish, then pour the sauce over it. This can make

a great 5 block meal at 5X fat with the addition of a little lean protein.

Zone Blocks: 1 1/4 C cauliflower = 1 carb block; 1/2 C onions = 1 carb block; 2 blocks protein; 31 blocks fat

Scandanavian Red Cabbage

Scott Hagnas – Issue 7

I grew up in a town that was home to many Scandanavian immigrants. While visiting my parents in my hometown recently, they drug me out to the annual Scandanavian Festival. While sampling the buffet at the festival and doing my best to make wise choices, I discovered this gem. I was sure it contained some non-paleo ingredients, but hoped that it could be adapted. After digging up a few recipes in an old book my mother had, I came up with a paleo-friendly version. This makes a great side dish, or you can even use it as a dessert.



Scandanavian Red Cabbage

Time: 2 hours

- 9 C of shredded red cabbage
- 3 Tbsp olive oil
- 1/2 apple
- 2 Tbsp lemon juice
- 1/4 C dried currants
- 1/2 C water
- Pepper

Remove the tough outer leaves of the cabbage, then shred around 9 cups. Place the cabbage, water, lemon juice, and olive oil into a pot. Simmer covered for around 1 1/2 hours. Stir occasionally, and add water if needed. Grate half an apple, then add the apple, currants, and pepper. Continue simmering for 30 more minutes, then serve. This is also very good served cold. Makes 4 servings.

Zone Blocks: per serving, 2 blocks carb, 7 blocks fat

Slow Cooker Red Cabbage

Scott Hagnas – Issue 20

Red Cabbage Revisited! A little over a year ago, in my first batch of recipes for the Performance Menu, I introduced Scandinavian Red Cabbage. I have experimented with this recipe since then, always looking for a faster, more convenient method. This version is done in the slow cooker, and by adding sausage (or other meat), we can make this into a complete meal. If you use sausage, be sure to look for brands that don't contain nitrates.

Time: 12 minutes prep, slow cook on low 5+ hrs

- 9 C shredded red cabbage
- 4-5 sausages, cut into bite sized pieces
- 1/2 apple, chopped
- 1/4 C dried currants or 1/2 cup fresh currants
- 1/2 C water
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- pepper

Add all of the ingredients to the slow cooker. Cook on low 5 or more hours. This is tasty hot, or you can chill it for later.

Zone Blocks: (protein and fat will vary here depending on the make up of the sausage you use. You'll have to figure that part up yourself-remember that 7g protein = 1 protein block, and 1.5g fat = 1 fat block. Before the sausage is added, this recipe yields 4 servings at 2 carb blocks, 7 fat blocks

Chard & Cashew Sauté

Robb Wolf – Issue 2

Time: 10 minutes

- 6 C of chard (beet tops)
- 1/2 C chopped cashews
- 1 Tbsp toasted sesame oil

Finely chop the chard and set aside. Lightly cook chopped cashews in 1/2 Tbsp of toasted sesame oil on medium heat for about five minutes. Add chard, another 1/2 Tbsp of toasted sesame oil, and sauté for 3-5 minutes until done.

Zone Blocks: 3 blocks carb, 15 blocks fat (a great 5x meal)

Garlic Mashed Cauliflower

Robb Wolf – Issue 1

This is a great tasting substitute for traditional mashed potatoes. We recommend using a pressure cooker for the sake of saving time, although steaming is a viable option as well. The amount of garlic we use is fairly moderate. For extreme garlic lovers add as much as you desire. If you're not combating vampires one may certainly reduce the prescribed amount.

Time: Pressure cooker: 10 minutes, Steaming: 15-20 minutes

- 1 large head of cauliflower
- 8-12 cloves of garlic
- Olive oil
- Black pepper and sea salt to taste

Trim green leaves from cauliflower head and set aside. The leaves are not needed for this recipe, but don't throw them away! They are both tasty and nutritious and are a great side vegetable.

Cut cauliflower into florets and place in pressure cooker or steamer. Peel garlic cloves and add to cauliflower. No need to chop or mince the garlic as it will be mashed later. If using a pressure cooker add 1/4 to 1/2 cup of water. Cook cauliflower until slightly soft. This will be 3-5 minutes in a pressure cooker, 5-10 minutes if steaming.

One may use a hand-held potato masher or electric beaters (for a creamier consistency) to mash. Add black pepper, sea salt and olive oil as desired.

Zone Blocks: Every 200g of raw cauliflower yields 1 Zone carbohydrate block. Pre-weigh cauliflower to determine number of carb blocks in entire batch. Use olive oil to meet your fat block requirements, 1/3 tsp = 1 fat block. We have found that approximately 1 cup of finished mashed cauliflower yields 1 carb block.

Paleo Palak Paneer

Scott Hagnas – Issue 16

Time: 30 minutes

This is my current favorite way to get in my spinach. It is simple to make, and is a great side dish. Palak is Indian for spinach. This dish is a puree of spinach, onions and spices. It is then finished with Paneer cheese. I don't eat cheese, but I found that a minced hard boiled egg gives a very similar flavor in this dish. If you are on the Zone or similar type diet plan, but not sticking with Paleo food choices, you could use cottage cheese to finish this dish. It is very similar to Indian Paneer cheese.

- 9 oz spinach (one bag pre-packaged)
- 1/4 C water
- 2/3 C chopped onion
- 1 Tbsp minced garlic
- 1 Tbsp minced ginger
- 1 Tbsp garam masala
- 1 Tbsp olive oil
- 1/4 tsp red chili powder
- 1/3 C coconut milk
- 1 hard boiled egg

Boil the spinach with the water, 10 minutes or until

soft. Meanwhile, use a food processor or blender to make a paste of the onion, garlic, and ginger. Set this paste aside. When the spinach is done, transfer it to a blender, add the boiled egg, and puree. Return the pot that you boiled the spinach to the heat, add 1 Tbsp of olive oil, then sauté the garlic paste for around 3 minutes. Add the spinach puree back to the pot, then add the spices and coconut milk. Simmer for 5 minutes, then serve.

Zone Blocks: 2 servings of 3/4 block carb, 1/2 block protein, 11.5 blocks fat

Spinach & Tahini

Scott Hagnas – Issue 18

Here is a Middle Eastern side dish that is quick to prepare. A great way to get in the greens if you are tiring of salads!

Time: 10 minutes

- 8 C spinach
- 1 small garlic clove
- 2 Tbsp tahini
- 1 Tbsp lemon juice
- 2 Tbsp sesame seeds

Add 1/2 cup of water to a medium pot, add the spinach, and boil for around 5 minutes, until the spinach is wilted. Drain the spinach in a strainer and press to remove most of the water. Put the spinach into a bowl.

Chop the garlic, then add it to a blender along with the tahini, lemon juice, and 1/4 cup of water. Puree the mixture, then pour onto the spinach and mix well. Top with the sesame seeds.

Zone Blocks: 2 blocks carb, 18 blocks fat

appetizers & snacks

Spicy Sweet Potatoes

Scott Hagnas – Issue 18

Time: 20 minutes

- 1 medium sweet potato or yam
- 1 Tbsp olive oil · 1/2 tsp coriander
- 1/2 tsp chipotle powder
- 1/4 tsp fennel seed
- 1/4 tsp dried oregano
- 1/4 tsp black pepper

Cut the sweet potato into eighths lengthwise, then cut each wedge crosswise in half. Put the oil and seasonings into a zip lock bag, add the potato

wedges and close the bag. Mix until the wedges are coated with oil and spices, then empty the wedges onto a roasting pan. Bake between 15 to 20 minutes at 325 degrees, turning the wedges once or twice.

Zone Blocks: Weigh the sweet potato or yam before cooking to determine how many carb blocks you will have (4 oz = 3 blocks carb, 1 Tbsp olive oil = 9 blocks fat.) I usually use one medium sweet potato as 2 servings.

Dolmas (Stuffed Grape Leaves)

Scott Hagnas – Issue 15

This makes a tasty side dish or appetizer. It is a little time consuming to roll the leaves, but worth it. Grape leaves can often be found in better grocery stores near the olive section. Many variations possible here, try adding chopped hard boiled egg or ground lamb.

Time: 45 minutes prep time, 1 hour cooking time

- 1 C cauliflower, finely chopped
- 4 Tbsp olive oil
- 1/2 C chopped onion
- 2 green onions, chopped



Spicy Sweet Potatoes

- 1/4 C minced parsley
- 2 Tbsp minced fresh mint
- 1/2 C pine nuts
- 1 tsp cinnamon
- 1/2 tsp allspice
- 1/4 tsp pepper
- grape leaves
- 1 Tbsp lemon juice
- 1/2 C chicken broth

Sauté the onion 5 minutes in 1 Tbsp of olive oil, then transfer to a bowl. Finely chop 1 cup of cauliflower, then add to the bowl. Add 3 Tbsp olive oil, green onion, parsley, mint, pine nuts, cinnamon, allspice, and pepper. Mix well.

Remove the grape leaves from the jar, then carefully remove a leaf and rinse thoroughly. Cut the stem off, then lay shiny side down. Place 1 Tbsp of the cauliflower mixture in the middle of the grape leaf, then you'll roll it much as you would a burrito. Fold the stem end over, then fold both sides over that. Now, roll from the back forward. Place the rolled grape leaves in a pot or saucepan, seam side down. Lay a few parsley stems on the bottom of the pot first so that the grape leaves will not stick. Repeat this process until you have used up all of the cauliflower mixture. The dolmas should fit tightly together in the bottom of the pot.

Drizzle 1 Tbsp of olive oil over the dolmas, then add the lemon juice and chicken broth. Lay a plate over the dolmas, then bring to a boil. Reduce heat to low and simmer for 1 hour. Add water if needed. Cool, then serve.

Zone Blocks: Makes around 15 dolmas. 3 dolmas = 1 serving. Each serving - 1/2 block carb, 9.5 blocks fat

Bacon-Wrapped Persimmon & Dates

Nicki Violetti – Issue 22

A favorite, simple Holiday appetizer!

- Bacon
- Fuyu Persimmons, sliced
- Dates, pitted

Remove pit from dates and slice Fuyu persimmons into 1/2 inch wedges. Wrap with bacon and broil until bacon is well cooked, approx 10 minutes.

Quantity depends on the number of guests you will be feeding.

Eggplant Coronets

Scott Hagnas – Issue 14

A simple, tasty snack, I like to use these as snacks when I'm riding or hiking. Bring a napkin: they can be a bit messy!

Time: 10 minutes prep, 20 minutes cooking

- 2/3 C ground sunflower seeds or cashews
- 1/4 C tahini
- 1 small eggplant
- 1 medium tomato
- Coconut butter

Grind the seeds or nuts in a coffee grinder or food processor, then mix with the tahini in a small bowl until a paste forms. Cut the eggplant into 1/2-inch round slices, then spread about 2 Tbsp of the tahini mixture over it. Top with a slice of tomato. Oil a baking sheet with a bit of coconut butter, then bake the coronets for 20 minutes at 350 F.

Zone Blocks: 1 block carb, approx. 10 blocks fat



Eggplant Coronets

Pemmican

Robb Wolf – Issue 5

With a good amount of jerky on hand, the opportunity for pemmican has arrived. Pemmican is the original power bar and consisted of rendered fat, ground dried meat, nuts, seeds and dried berries. Choking back bile at the thought of a fat bar? Don't! Pemmican prepared with coconut oil is surprisingly light and the wily addition of nuts, seeds and a bit of dried fruit make pemmican a contender against any mass-produced snack food.

Start with dried meat that is ground finely. A food processor works great for this, although I have used a blender. A good amount of dried meat to start with is one half pound (200g). This is a good time to consider what type of container to use. A muffin pan works pretty well, especially if you are tracking Zone blocks. A small glass pie dish works also. Once the meat has been ground, you will need to add this to either the muffin pan or pie dish. Keep the amount of meat consistent if you are using the muffin pan. You can now add nuts, seeds and a very small amount of dried fruit. Dried raisins, cranberries and blue berries work great for this but remember dried fruit is a highly concentrated carb source and can be easily over done. Wilderness Family Naturals is a great resource for freeze dried fruit.

So you now have meat, nuts and a bit of fruit, all you need is some coconut oil to hold things together. You can find good quality coconut oil online or at better health food stores and co-ops.

A note on coconut since we have a couple of coconut containing recipes this month: Some people like Prof. Loren Cordain feel that coconut has a profile of saturated fats that COULD be problematic with regards to LDL cholesterol levels. The people selling coconut oil paint a picture of nearly supernatural powers from our hairy and well-protected friend. So, what's the deal? I think the LDL/saturated fat issue is of particular importance if one is facing a hyperinsulinemic state. Epidemiological studies of cultures with high coconut and palm oil consumption show remarkable cardiovascular health until refined carbs hit the scene. If one is active and eating Paleo/Zone diet there should be no problem, but I do want to make it clear this is a complex

question with many variables and no easy definitive answer.

You will now melt the coconut oil and pour it over the meat/nuts/fruit just covering the dry ingredients. Allow the pemmican to cool in the fridge. If you are using the muffin pan method the pemmican wafers will come out easily and can be individually stored in wax paper or in mass using a jar or other glass container. If you are using the pie pan method you can cut the pemmican into pie wedges and store as described above.

Zone Blocks: This can be a bit of a challenge! One lb (440 g) of raw meat makes ~4oz. (110g) of jerky and both are equivalent to 16 blocks of protein. In the recipe provided we have ~32 blocks of protein. If we divided that evenly into 8 portions with the muffin pan that would be 4 blocks of protein per muffin. It is fairly easy to add 4 blocks of dried fruit per muffin but one must pay attention to the amount of nuts added to each muffin and coconut oil weighs in at 1 fat block per 1/3 tsp. If one is at 5x on fat blocks that means about 1 1/2 Tbsp of coconut oil per muffin and that may not be enough to make the pemmican stick together. I have experimented with this a lot and found it difficult to keep the fat blocks within 5x. Maybe you will have better luck!

Jerky

Robb Wolf – Issue 5

Every culture on earth appears to have a dried meat recipe. From the Inuit of the Arctic to the Ache of Peru to the !Kung of Africa, lean meats have been dried for later use. The economics of food procurement for our ancestors necessitated the sharing of food for a variety of reasons, including social bonding (you may be feeding your neighbor today, but they may very well be feeding you tomorrow) and the efficient distribution of resources. It was far better to share food and ensure that none went bad than to allow excessive stockpiling and eventual spoilage. Dried meat fit into this scenario beautifully as it allowed for easy sharing and distribution while extending the benefits of a successful hunt for weeks or even months depending upon the drying methods and relative moisture of the air.

Fast forward to today. Every convenience store and supermarket offers some form of dried meat. In a pinch, this may be a good option, but modern “meat products” have some characteristics that are at odds with health, performance and longevity: high fructose corn syrup, wheat-infused soy sauce, and far too much salt. These items cause problems with insulin levels, can cause GI irritation and dramatically increase the net renal acid load. These additives do however increase flavor options and, in the case of salt, decrease the rate of spoilage. What to do? We are presenting a recipe that allows you to alter the ingredients as necessary while keeping flavor, nutritional value and food safety in mind.

We recommend buying a food dehydrator as they allow for large batches to be made and are a bit easier to monitor than the oven method.

Meat selection is all-important. You want very lean meat with little or no visible fat. London broil and rump roast are excellent cuts to use. These leaner cuts can be a bit tough for standard meat dishes, but they make excellent jerky and tend to be the best bargains for the price conscious modern forager. A great time saving technique is to ask the butcher to cut the meat into 1/8"-1/4" strips. If you tell them you are making jerky, and they know what they are doing, they will cut the meat against the grain, which makes for a tender final product. Even the larger supermarkets will do this for you if you ask. If you cannot get the meat cut for you, freeze the meat partially and then cut into strips. This will simplify your task of keeping the strips thin and consistent. Once the meat is in strips trim away any visible fat. Time to marinate!

As mentioned previously, most commercial varieties of jerky contain soy sauce, added salt and other questionable items. You can add them to this marinade if you like as we are offering a salt free alternative. In addition to flavoring, the marinade helps to kill or slow the growth of potentially pathogenic organisms. All those who dislike food poisoning raise their hands... OK, great, let's move on. The base of our marinade is lemon juice. This will impart a tangy flavor to the jerky and the low pH will curtail bacterial growth AND tenderize the meat. Holy multi-tasking marinade, Batman!

A potential marinade for 1lb (400g) meat:

- 4-8 Tbsp lemon/lime juice

- Minced garlic
- Minced ginger
- Hot pepper
- Black pepper

This recipe is purposefully vague; experiment and use flavors you like. Marinate meat in the above sauce for at least 1 hour. Drain in a colander and place on dehydrator trays. Do not overlap the meat and turn once while drying. Dry at 145 degrees for 8-10 hours. If one is using an oven, hang the meat on oven racks with no overlapping. Try to distribute the meat as evenly as possible and place any noticeably larger pieces near the heat source. Turn the oven on to its lowest setting with the door propped open 3-4". This allows for an internal environment fairly similar to that of the dehydrator: 140-160°F and constant air circulation. The jerky is ready when it bends like a willow without breaking. Keep in mind that drying times vary widely depending upon ambient moisture, thickness of the meat, etc. Keep track of both your methods and results to modify future batches.

Pomi Really Quick Ceviche

Robb Wolf – Issue 5

It's Italian for Tomato! (OK, it's really “pomodoro,” but Pomi is easier to say). We wanted to run recipes with Pomi for our premiere issue, but the Pomi supply was dicey due to a strike of Italian tomato pickers (so said the Trader Joe's guy), so we had to wait until the supply looked stable. We bought two cases on our last TJ foray just to make



Pomi Really Quick Ceviche

sure our own supply was secure, and it looks like all is well in Italia now, so we introduce to you Pomi, the best little tomato product in the world.

Our favorite Pomi product is the marinara sauce that comes in the easy open box. The other Pomi products such as stewed tomatoes and tomato sauce are great and we highly recommend you check them out, but we think you will agree the marinara sauce is the most versatile and delicious of the Pomi products. Why is Pomi so good? In a word: quality. Excellent tomatoes and simple ingredients make the thought of comparing Pomi to other sauces like a comparison of CrossFit and jazzercise... just don't do it.

This quick ceviche can be made in advance and stored in individual to-go containers.

To a bowl add cooked seafood such as shrimp, scallops etc. Many supermarkets offer a cooked frozen mix or you can make your own. Add a bit of red onion, cilantro, and lemon juice to taste. Cover with 1 cup of chilled pomi. For a creamy consistency, blend the above recipe. If one is in a serious hurry, Trader Joes Wild Alaskan Salmon or a can of tuna will work.

Zone Blocks: Each ½ cup serving of Pomi contains 1 block of carbs and 2 blocks of fat. One need only to start with the desired amount of protein and add Pomi, some additional fat blocks in the form of olive oil, and a piece of fruit to round out the carbs. Example 4 block meal at 5x fat: 4 oz seafood mix; 2 C pomi; 1 tsp lemon juice; 1 Tbsp Olive oil

The Best Salsa Recipe

Nicki Violetti – Issue 5

- 2-3 large tomatoes (or about 4-5 Roma tomatoes)
- ½ red onion, diced
- ½ yellow onion, diced
- 3 green onions, finely chopped
- 4 cloves of garlic
- 1 can El Pato sauce (bring on The Duck!)
- Handful of cilantro, chopped

We bring this salsa to BBQ's and dinner parties and it's always a hit. We sometimes add a Serrano pepper and a jalapeno to the mix, and if you really like spicy food you may want to try that. The El Pato has a fairly good kick to it already, so when we make this to share with others, we usually leave the extra peppers out.

Chop all ingredients fairly small to ensure a good consistency. This can be done in a food processor if you have one. After chopping all ingredients (mince the garlic), place in a bowl. Add the El Pato, stir, and garnish with a few extra sprigs of cilantro.

Makes about 6 cups; you may want to double the recipe if bringing it to a gathering.

Zone Blocks: One cup of salsa is one block of carbohydrate.



The Best Salsa Recipe

desserts

Chocolate Nut Butter Ice Cream

Scott Hagnas – Issue 19

Robb gave us Paleo Ice cream in the June '05 Performance Menu. Here, I tweaked the recipe to create a favorite flavor. Experiment and come up with your favorite flavor.

Time: 5 minutes

- 1/2 C coconut milk
- 1 tsp unsweetened cocoa or carob powder
- 1 Tbsp cashew butter
- 1 Tbsp crushed walnuts
- Few drops pure vanilla extract (optional)



Chocolate Nut Butter Ice Cream

Prepare the ice cream about an hour before you want to eat it. Pour the coconut milk into a coffee cup or small dish. Add the other ingredients, mix well. Place into the freezer for one hour. I find that to get a good, ice cream-like consistency, the mixture needs to be stirred periodically to break up the portions that will get frozen hard. Enjoy!

Zone Blocks: 1 serving at 11.5 blocks fat (16 grams)

Baked Custard

Scott Hagnas – Issue 10

Time: 15 minutes prep, 25-30 baking

- 2 eggs
- 1 C coconut milk
- 1 Tbsp pure honey or applesauce
- 1/2 tsp vanilla extract
- 1/4 tsp nutmeg

Place the coconut milk in a small pot, and warm over medium heat. Meanwhile, beat the eggs in a small bowl with the honey, vanilla, and nutmeg. You can use applesauce instead of the honey if you like - I actually prefer this way. If you normally follow a pretty strict Paleo diet, the honey may seem very sweet. When the coconut

milk is warm, pour it into the egg mixture, stirring as you do. Pour the mixture into custard cups or a small baking dish.

Place the custard cups or dish into a pan of water so that the water comes about halfway up on the sides of the cups. Put the pan into the oven preheated to 350 degrees, and bake for 25 to 30 minutes. Test to see if the custard is done by running a knife blade into the custard. If it comes out clean, not milky, the custard is done. Remove the cups and allow to cool. Serve chilled! Makes four servings.

Zone Blocks: 7 1/2 blocks fat, 1/2 block protein, 1/2 block carb

Holiday Cookies

Scott Hagnas – Issue 10

Time: 12 min prep, 10-12 baking

- 1 C Almond butter
- 1/4 C Dried currants
- 1/4 C chopped pecans
- 1 egg
- 2 Tbsp Chopped dates
- 1 Tbsp Applesauce

Preheat the oven to 350. Mix all of the ingredients in a bowl, then place spoonfuls onto a non-stick cookie sheet. Bake for 10-12 minutes, checking frequently to see that they don't burn. Yields about 10 cookies.

Zone Blocks: per cookie, 10 1/2 blocks fat, 1/2 block carbs



Holiday Cookies & Chocolate Balls

Chocolate Balls

Scott Hagnas – Issue 10

Time: 15 minutes

- 1/2 C Almond meal
- 1/3 C Unsweetened cocoa powder or carob powder
- 1/4 C Chopped pecans
- 5 Dates, chopped
- 1/8 tsp Cloves
- 1/4 C Coconut oil

Mix all of the ingredients above except the coconut oil in a bowl. Meanwhile, melt the coconut oil by placing the jar into a pot of hot water. When the oil is melted, slowly pour 1/4 cup into the dry mixture, stirring as you do. Stop adding oil when you have a thick paste. Form into small balls and set on a sheet of wax paper. You can put the chocolate balls into the refrigerator for a few minutes to help the oil solidify, then finish shaping the balls.

For a milder chocolate taste, you can decrease the amount of cocoa powder, and add a few extra chopped dates. Yields about 16 chocolate balls.

Zone Blocks: 1 ball= 4 1/2 blocks fat, 1/3 block carb

New & Improved Chocolate Balls

Scott Hagnas – Issue 23

I introduced my Paleo Chocolate Balls last year, and got quite a bit of good feedback. However, they didn't impress everyone. I made a batch last year when I was working on the original recipe, then brought them down to where my fiancé worked. The girls ended up dubbing them "Bitter Balls". It seems that guys like them, and gals find them a bit bitter, and not sweet enough.

Here is my new, Rochelle approved recipe. I am not going to be making these too often, as they are too tasty to have around!

Time: 15 minutes

- ½ C almond meal
- 1/3 C unsweetened cocoa or carob powder
- 1/4 C chopped pecans
- 4 chopped dates
- 1/4 C coconut oil
- 1 Tbsp agave nectar

Mix all ingredients in a small saucepan. Warm over medium heat for 5 to 8 minutes, until the oil has melted. Mix well. The mixture should form a thick paste. Adjust as needed by adding more oil if it is too dry, or a bit more almond meal if too runny. Form the chocolate into small balls and place them on wax paper. Put the balls into the refrigerator for a few minutes to let the oil solidify, then finish shaping the balls. Store in the refrigerator.

Zone Blocks: 3 balls at 13 blocks fat, 1 block carb

Fig Sauté in Raspberry Sauce

Scott Hagnas – Issue 10

Time: 15 minutes

- 1 C Raspberries
- 2 Tbsp Coconut milk
- Few drops lemon juice
- 1 1/2 Tbsp Walnut oil
- 2 1/2 Tbsp Applesauce
- 6 Figs

In a blender, puree the berries with the lemon juice. Spoon two tablespoons into each of four small bowls. Add 1/2 Tbsp of coconut milk to the top of each pool of sauce.

In a large nonstick skillet, heat the walnut oil and applesauce until brown. Add the figs cut side down, and sauté for 1 minute, shaking the pan as you do. Turn the figs over, and cook for another minute. The figs should be warm and soft, but not really cooked. Place 3 fig halves into each bowl of sauce. Serve warm and enjoy!

Zone Blocks: 1 serving contains 2 1/2 blocks carb, 4 blocks fat

Chocolate Soufflé

Scott Hagnas – Issue 23

Time: 10 minutes prep, 30 minutes cooking

- 1/2 C almond meal (ground almonds)
- 1/2 C egg whites
- 1/4 C unsweetened cocoa
- 1 1/2 Tbsp agave nectar

Place the almond meal and cocoa in a bowl, mix. Place the egg whites in a separate bowl, whip well. Stir the egg whites into the cocoa mixture and add agave nectar. Mix well. Pour the mix into two small custard cups.

Place the cups inside of a larger baking dish. Add water to the large dish until it comes halfway up the sides of the cups. Carefully place into the oven preheated to 350 degrees. Bake for around 30 minutes. The soufflés should rise, and a skewer pushed into the middle should come out clean when they are done. Serve warm, possibly topped with some Paleo Ice Cream!

Zone Blocks: 2 servings at 1.75 blocks carb, 1 block protein, 10.75 blocks fat

Figgy Pudding

Scott Hagnas – Issue 23

Time: 3-4 minutes

- 10 Mission figs
- 2 Tbsp cashew butter
- water

Place the figs in a small bowl, cover with water. Soak the figs for ~12 hours, then drain the water into a blender. Start the blender, and add the cashew butter. Cut the stems off of the figs, then add them to the blender. Add more water if needed, making a smooth puree. Pour into three small bowls.

Zone Blocks: 3 servings at - 4 carb blocks, ~ 5 fat blocks

Quick Squash Pudding

Scott Hagnas – Issue 23

If you've got some cooked butternut squash on hand, this makes a quick dessert. To cook the squash, split it lengthwise. Remove the seeds and stringy fibers, then place cut side down in a baking dish. Bake at 350 degrees for 30 minutes. Allow to cool, then it's ready for use in this recipe. Another, even simpler option is find a can of butternut squash puree.

Time: 4-5 minutes

- 1/2 C cooked butternut squash
- 1/2 C coconut milk
- 1 Tbsp shredded coconut
- 1 tsp agave nectar
- 1 tsp raw cocoa or carob powder

Mix all ingredients in a small bowl. Chill, and serve. You can also experiment with different flavorings - cinnamon, nutmeg, cloves, etc.

Zone Blocks: 1 serving at 2.5 carb blocks, 10 fat blocks

Sweet Potato Pudding

Robb Wolf – Issue 3

Time: 35 minutes baking; 10 minute, microwave

- 1 medium sweet potato
- 1/2 C coconut milk
- Cardamom to taste (approx 1/8 tsp)



Sweet Potato Pudding

Bake a medium sized sweet potato until a fork is easily inserted (approximately 30 minutes.) You can also microwave it for approximately 5 minutes if you are pinched for time. Peel the skin. Shake can of coconut milk to thoroughly mix contents. In mixing bowl combine sweet potato and 1/2 cup coconut milk. Blend with a hand mixer until creamy. Add cardamom to taste. This recipe can be served warm or chilled.

Zone blocks: 1/2 cup coconut milk contains 16 blocks fat. 100g of sweet potato = 2 blocks carb. Weigh sweet potato to determine total carb blocks. Recipe as prepared above yields approximately 2 cups pudding. Measure total pudding volume and divide by carb and fat blocks to determine a serving appropriate for your block needs. Note: 1 Tbs of coconut milk = 2 blocks fat. This conversion may be of assistance for those wishing to more precisely tailor fat blocks.

Brandied Cranberries

Scott Hagnas – Issue 11

Time: 3 minutes prep, 1 hour cooking

- 2 C fresh cranberries
- 1 C unsweetened applesauce
- 1/2 C either Brandy or grape juice

A quick dessert. Mix applesauce, cranberries, and juice or brandy in a small baking dish. Bake in oven at 350 for 1 hour. This is good warm or chilled. If you don't want to use brandy, grape juice is a good alternative. The taste is a bit different, but still quite good.

Zone Blocks: 1 serving - 2 carb blocks

Dessert Onion

Nicki Violetti – Issue 6

Time: 35-55 minutes

- Walla Walla Onion
- Balsamic vinegar

- Olive oil
- Honey

The Walla Walla is the preferred onion for this dish, but any mild yellow or white onion will work. Cut the ends off the onion, cut it in half, and peel it. Drizzle balsamic vinegar, a bit of olive oil and honey oil into the open faced end of the onion. The balsamic vinegar imparts a tangy flavor while increasing the sweetness by hydrolyzing the sucrose of the onion to glucose and fructose. The honey seals the deal.

Place the onion(s) in an oven at 350 degrees for 30 – 40 minutes or until a fork can be easily pressed into the onion. The onion may be served hot or chilled.

Zone Blocks: A medium onion is usually 1 block of carbs. The honey provides 2 blocks of carbs per 1 tsp.

Pumpkin Pie

Scott Hagnas – Issue 23

Time: 10 minutes prep, 45 minutes baking

- 3 1/2 C pumpkin puree
- 1/2 C unsweetened applesauce
- 2 eggs
- 1/4 C agave nectar
- 2 Tbsp ground almonds
- 1/2 tsp each of ginger, cloves, cinnamon, allspice, and nutmeg
- 1 C pecans

Combine all of the ingredients except the pecans in a bowl, mix well. Pour into a dish for baking pies. Cover with the pecans. Bake at 350 degrees for 45 minutes.

If the pie is chilled before serving, it will cut and serve much better. It tends to crumble more easily if still warm.

Zone Blocks: 6 servings at - 2.5 carb blocks, 0.5 protein block, 5.4 fat blocks

Coconut Milk Ice Cream

Robb Wolf – Issue 5

- 1 can coconut milk
- 2 C fresh fruit
- 1 tsp vanilla (optional)

This is an easy recipe that can be used to satisfy your hankering for a cool and refreshing dessert. We especially love using fresh strawberries, blueberries and peaches.

Simply place all ingredients in a blender and puree. Pour into dessert cups (coffee cups work equally well) and put in the freezer for about 1 hour or until it has chilled to an ice cream-like consistency. Enjoy!



Coconut Milk Ice Cream

a paleo thanksgiving

Orange and Onion Salad

Scott Hagnas – Issue 22

Time: 15 minutes

- 2 seedless oranges
- 1/3 C thinly sliced red onion
- 3 Tbsp sliced olives
- 1 Tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 1 chopped whole date
- 1/4 C chopped cilantro

Peel the oranges, then slice into thin slices. Place them in a bowl; toss with the oil, lemon juice, and spices.

Arrange the orange slices on a plate, add the dates, olives, onion, and cilantro. Pour the remaining juices over the salad.

Zone Blocks: 2 servings at: 2.5 carb blocks, 5 fat blocks.

Sweet Potatoes

Scott Hagnas – Issue 22

My mother always made the best sweet potato dish for the holidays. I would actually look forward to it all year. However, when I found out what she put into it, I almost went into a diabetic coma. Time to start over. One suggestion she made that I did find helpful was to use half yams and half sweet potatoes. The sweet potatoes are drier, and the yams more moist and sweet. They balance each other out nicely, and turn out better than either potato used alone.

Time: 15-20 minutes

- 1 med yam



Paleo Thanksgiving

- 1 med sweet potato
- 1/2 C unsweetened applesauce
- 1 Tbsp raw honey
- 1 Tbsp walnut oil
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp cloves

Peel the potatoes, and cut them into small pieces. Boil them in a pot of water for around 10 minutes, until soft. Drain the water. Add the remaining ingredients, mash with a potato masher.

Zone Blocks: You'll need to weigh your potatoes before cooking to figure this out. 4 oz. sweet potatoes = 3 carb blocks. My recipe had 24 oz. of yams and sweet potatoes, and it yielded 6 servings at: 3.5 carb blocks, 1.5 fat blocks

Roasted Chestnut Stuffing

Scott Hagnas – Issue 22

Time: 25 minutes prep time; 1 hour cooking time

- 7 oz sausage (I used a turkey sage sausage)
- 2 Tbsp olive oil
- 2 C chopped celery
- 1 1/2 C chopped onion
- 1 C coarsely chopped roasted chestnuts (I "cheated" and used frozen chestnuts from Trader Joe's)
- 3/4 C chopped pumpkin
- 1/2 C chopped parsley
- 1 Tbsp thyme
- 1/4 C chicken broth
- Pepper

Preheat oven to 325. Cook the sausage in a large skillet in 1 Tbsp of olive oil. Remove the sausage

and set aside. Add another Tbsp of olive oil to the skillet, along with the onion and celery. Add pepper to taste, then saute for 8-10 minutes. Add parsley, pumpkin, thyme, and chestnuts. Cook for five more minutes.

In an oven safe dish, combine the sausage with the sauteed mixture. Add the chicken broth, mix well. Cover and bake 25 minutes, then uncover and continue to bake for 30-35 minutes more.

Zone Blocks: 4 servings at: 3 carb blocks, 1 protein block, 6.5 fat blocks.

Cranberry Chutney

Scott Hagnas – Issue 22

Time: 10 min prep time, 30 min cooking

- 2 C cranberries
- 1 1/2 C chopped granny smith apples (about 1 apple)
- 1/2 C unsweetened applesauce
- 1/4 C raisins
- 1/2 C water
- 1 1/2 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1 tsp cinnamon
- 1 tsp ginger
- 1/4 tsp cloves
- 1/4 tsp black pepper

Place all ingredients in a saucepan. Cook over medium heat for 25-30 minutes. Serve over the turkey.

Zone Blocks: 4 servings at: 2.5 carb blocks each